NINJA X
FALL SEMESTER

This program builds physical literacy, confidence, and safe movement habits through structured parkour and obstacle-based training. Ninjas learn to run, jump, land, roll, climb, and navigate obstacles while developing coordination, balance, and body control in a positive, age-appropriate environment.

THIS WEEK, WE WILL LEARN

This week, Ninjas will practice Precision Jump, Swings / Reverse Dismount, Step Vault, Balance Walk. We'll focus on controlled movement, safe landings, and building confidence through step-by-step practice.

NINJA X
ACADEMY

11/16 – 11/22 · 6–8 YEARS

NINJA X ACADEMY

WEEK 11

Skill introduction · 11/16 – 11/22

This week, our foundation group will develop control and confidence across four skill stations. Our advanced Ninjas will explore White, Yellow, and Green progressions, with each challenge adapted to their readiness. We'll connect technique, balance, and safe landings throughout the course.

WARM-UP

Dynamic stretch
Arm circles
Wrist stretches
Gentle neck movements
Lunge stretch

Dynamic warm-up
Straight jumps ×10
Tuck jumps ×10
Jumping jacks ×10

10 min

SKILL CATEGORIES

9–12 Ninja Group

WHITE YELLOW GREEN

1. Running jump / Running Precision (Basic) / Running Precision (12 min)
2. Swings (Arch&Hollow) / Lache to Precision (Basic) / Lache Bar to Bar (12 min)
3. Step Vault / Slide Vault / Drop Step Vault (12 min)
4. Precision Balance / 180 Turn / Rail Stride (12 min)

4–8 Ninja Group

1. Precision Jump (12 min)
2. Swings / Reverse Dismount (12 min)
3. Step Vault (12 min)
4. Balance Walk (12 min)

4 STATIONS · 48 MIN

COOLDOWN

Quick review

Key technique points
Safety cues

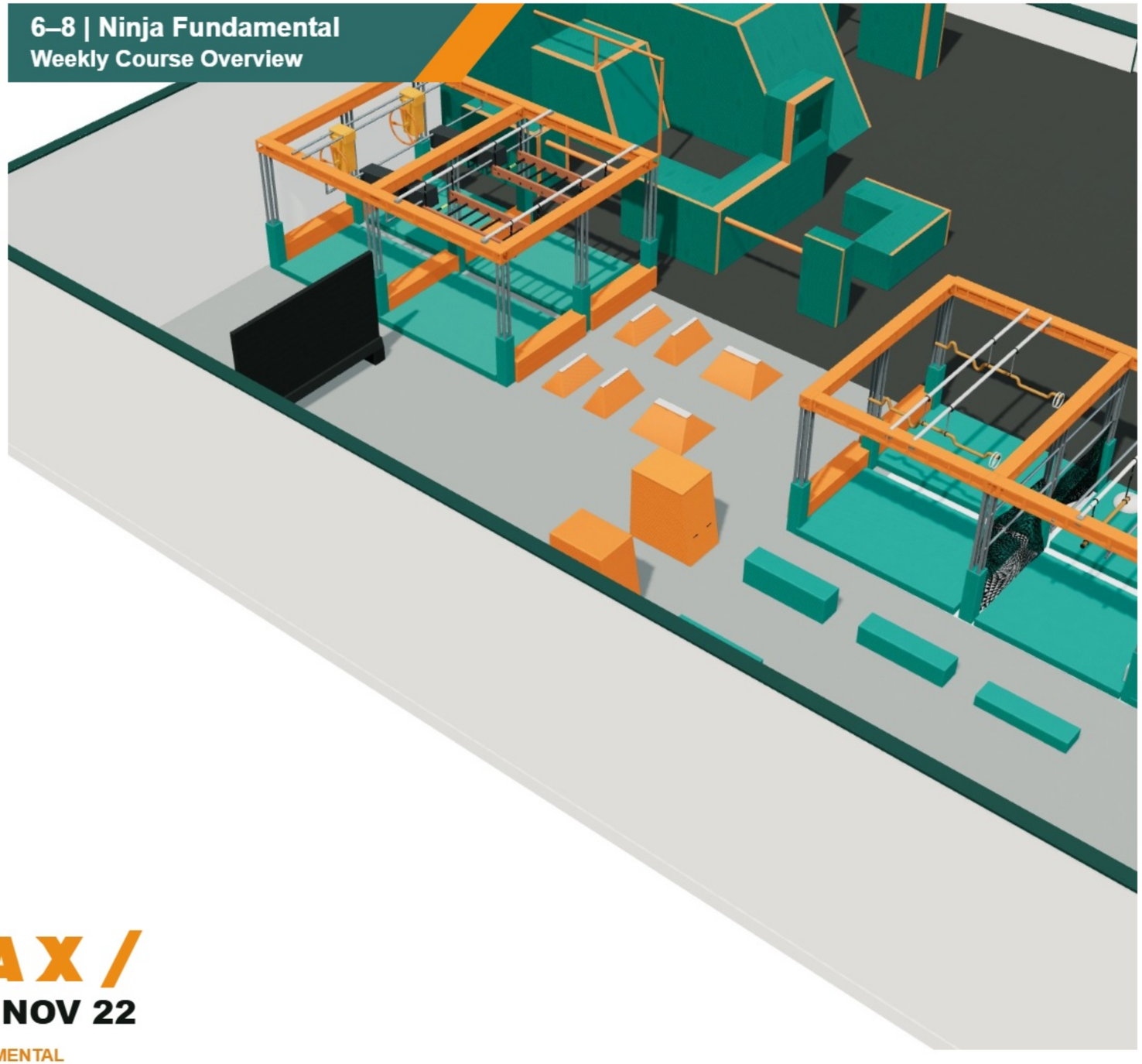
Stretch & recover

2 min

TRAIN LIKE A NINJA, PLAY LIKE A PRO!

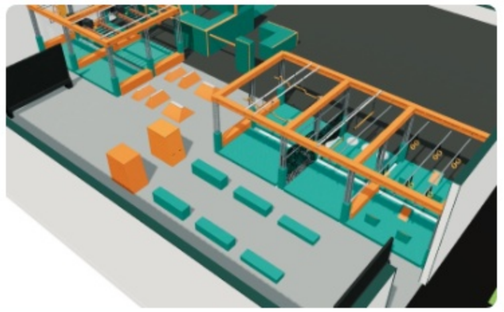
NINJA X

6–8 | Ninja Fundamental
Weekly Course Overview



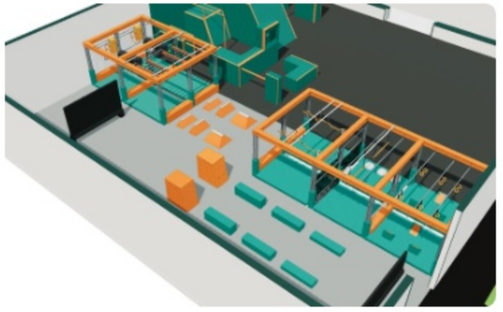
Zone 1

Precision Jump



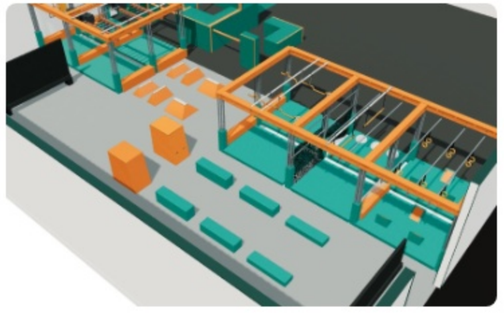
Zone 2

Swings / Reverse Dismount



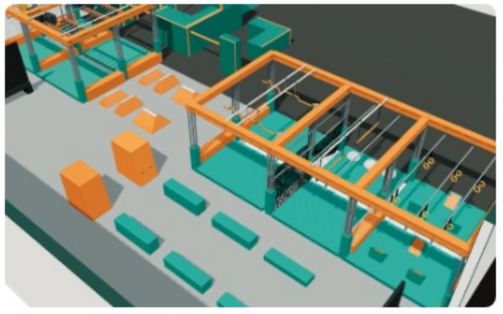
Zone 3

Step Vault



Zone 4

Balance Walk



NINJA X /

NOV 16 – NOV 22